



Powhatan County Public Schools

Grade 5 Human Growth and Development—BOYS

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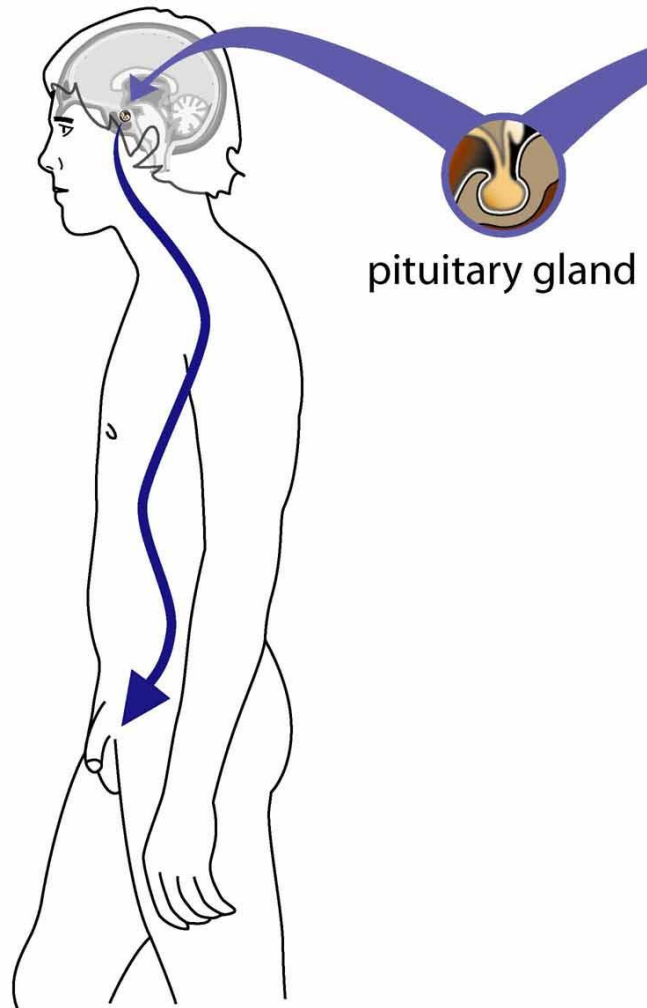
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Lesson 1

Vocabulary: Puberty

- **Puberty:** the period in life when a person's body changes from that of a child to that of an adult who is able to reproduce.
- **Hormone:** a chemical produced by the body that travels through the bloodstream to all parts of the body and affects how the body functions
- **Glands:** organs that produce hormones

The Pituitary Gland and Puberty



Physical Changes of Puberty

Both Boys and Girls

- Growth spurt
- More oil on the skin
- Acne
- Increased sweat production
- Body odor
- Muscle development
- Underarm hair
- Pubic hair

Emotional Changes of Puberty

Both Boys and Girls

- Mood swings
- Romantic attractions

Male Changes During Puberty

- Voice gets deeper.
- Hair may thicken on the face, legs, and chest.
- Testicles get larger and start to produce male hormones.
- Sperm production begins.
- Penis gets larger.
- Erections begin.
- Semen is produced.
- Ejaculations may occur.
- Nocturnal emissions (wet dreams) may occur.
- Breast development may occur.

Taking Care of Yourself During Puberty

- Eat a nutritious diet.
- Get lots of exercise.
- Wash your face at least two times a day.
- Wash your hair more often.
- Take a bath or shower regularly.
- Use a deodorant or antiperspirant.
- Get plenty of sleep.



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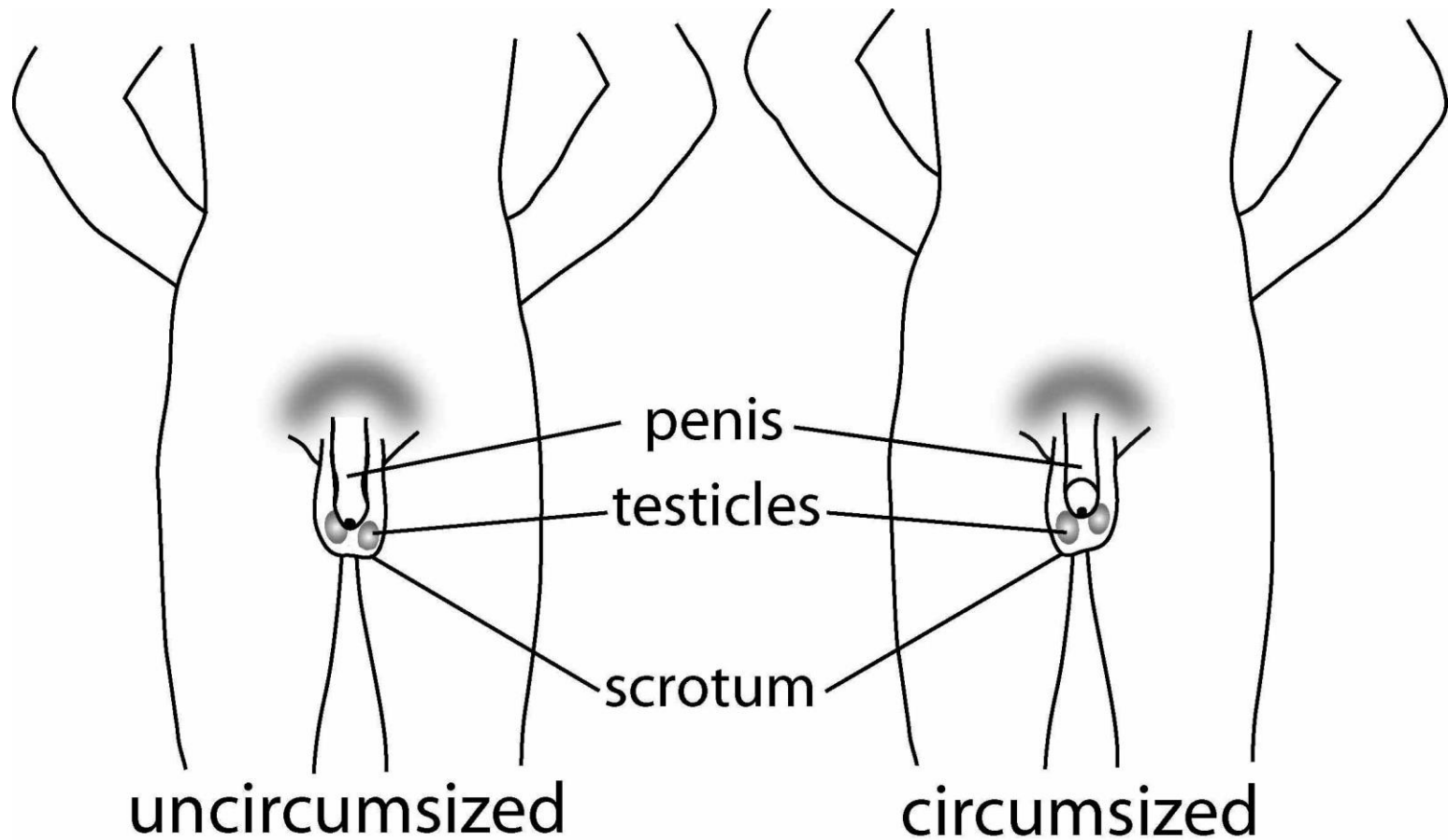
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Lesson 2 - Reproduction

Reproduction

- The process by which new living things are made.
- The male reproductive system includes the following parts: (see next two slides)

Male Genitals



Internal Male Reproductive Organs

